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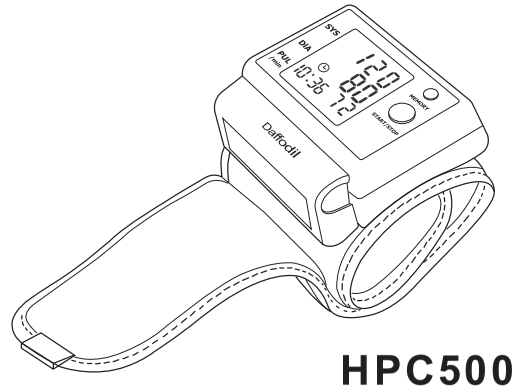
Daffodil®

User Manual



HPC500

Automatic Wrist Blood Pressure Monitor

Tensiomètre Automatique de Poignet

Automatisches Handgelenk Blutdruckmessgerät

Misuratore di pressione automatico da polso

Tensiómetro automático de muñeca

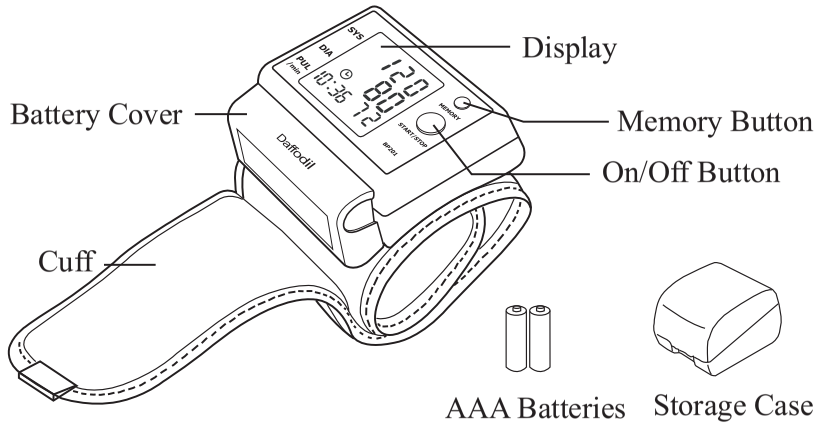
User Manual

English

Introduction

Thank you for purchasing this Wrist Blood Pressure Monitor, it has been developed to give you an easy and accurate way of monitoring your blood pressure. We recommend that you consult your GP before beginning to monitor your own blood pressure to verify your blood pressure range. In order to ensure you get the best possible use out of your device please fully read the manual before use.

Main Body

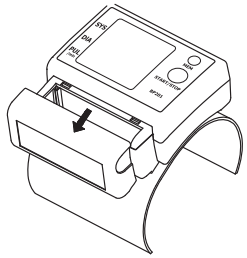


Batteries

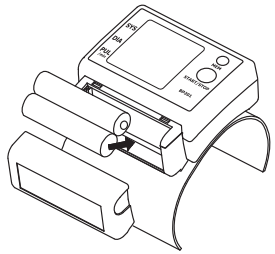
This device takes 2 x AAA batteries, to indicate that the batteries are running low will show on the screen.

To insert the batteries:

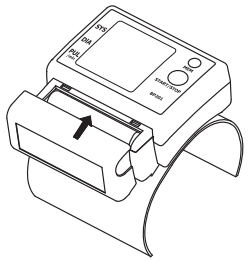
1. Remove the battery cover by sliding it in the direction shown.



2. Insert 2 AAA batteries following the +/- picture for polarity.



3. Replace the battery cover by sliding it in the direction shown.



Caution: Please dispose of batteries responsibly, burning used batteries can result in accident or explosion.

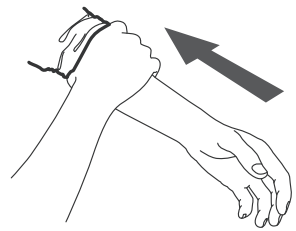
Setting the Time and Date

Setting the time and date allows measurements to be stored with the correct date details. This can be useful for monitoring how your blood pressure changes over a period of time.

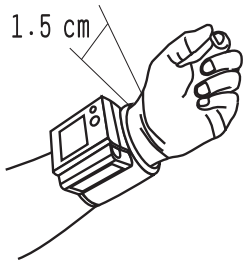
1. Hold the Memory button for approximately 3 seconds. The year will begin to flash on the screen.
2. Press the Start Stop button to adjust the year, holding the button will quickly adjust the year.
3. Press the Memory button again and the month will begin to flash on the screen.
4. Repeat steps 2 and 3 to set the month, day, hour and minutes.
5. After setting the minutes, pressing the Memory button again will save your settings and turn the device off.

Attaching the Device to your Wrist

1. Uncover your wrist from clothing and jewellery.



2. Fasten the cuff around your wrist roughly 1.5cm above the joint with the monitor palm side.

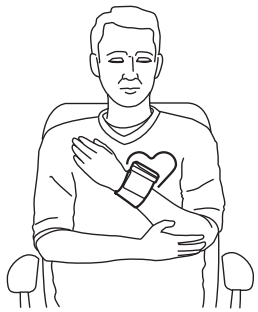


Preparing for a reading

To ensure the most accurate results, it is recommended that you take time to relax for 5 minutes before taking a reading and that your wrist should be at heart level during the reading.

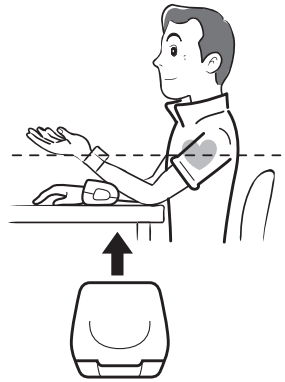
Posture during a reading

To keep your wrist at heart level you can cross your arms in front of you using one hand to support the other.



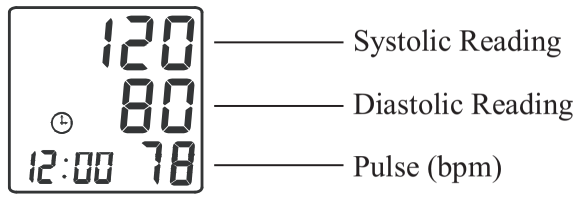
Whilst sitting at a desk you can steady your wrist at heart level using the storage case as an arm rest:

1. Rest your elbow on the desk in front of you.
2. Hold your wrist at heart level.
3. Slide the storage case under your forearm steadying your wrist at heart level.



Taking a reading

1. Press the Start Stop button to begin automatic inflation
2. Once the device is fully inflated, the ♥ symbol will begin to flash indicating that your pulse has been found.
3. Once the measurement is finished, your readings for Systolic, Diastolic and Pulse (averaged to bpm) will be shown on the screen and the cuff will begin to deflate.



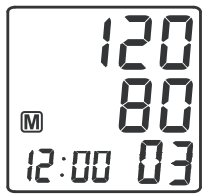
4. To turn the device off press the Start Stop button. To save batteries the device turns off automatically after approximately two and a half minutes.

Memory Function

To keep track of your blood pressure the device stores the last 99 measurements. Once the memory is full, the oldest saved reading will be overwritten.

To view your previous readings:

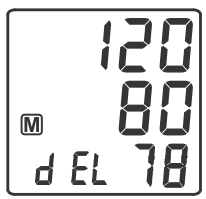
1. Press the memory button, your latest reading will be displayed:



2. Pressing the memory button again will cycle through all the stored readings beginning with the most recent. Whilst viewing these readings, the date and time will show in the bottom left corner of the screen.

To delete a saved reading:

1. Use the memory button to cycle through to the reading that you wish to delete.
2. Hold the Start Stop button until dEL shows in the bottom left corner of the display.



3. Press the memory button again, the device will beep to confirm that the reading has been deleted.

To delete all saved readings:

1. Whilst viewing a saved reading hold the Start Stop button until dEL shows in the bottom left corner of the display.
2. Press the Start Stop button, ALL EE will appear on the screen.

3. Press the memory button, to delete all the readings.

Notes on Use

1. This device is not a substitute for qualified medical guidance, if you are concerned about your blood pressure or general health, please consult your GP.
2. If you feel any discomfort during a measurement press the Start/Stop button to turn the device off.
3. If the device does not automatically deflate, unfasten the cuff and remove it from your wrist.
4. Blood pressure fluctuates throughout the day, there can be a significant, natural difference between readings taken in the morning and readings taken in the evening.
5. If the device has been stored at low temperatures, allow the cuff to return to room temperature to ensure accurate results.

6. Avoid eating, smoking and exercise directly before use.
7. Always take your readings from the same wrist. Blood pressure can vary between one wrist and the other.
8. Always take your measurements at the same time of day to enable an accurate comparison.

Care and Maintenance

1. Do not expose this blood pressure monitor to extreme temperatures, moisture, dust or prolonged direct sunlight.
2. The cuff contains a sensitive airtight valve, please handle with care. Do not bend, crush or stretch the cuff.
3. Only clean the device with a soft damp cloth, avoid using any solvent based cleaner and do not attempt to clean the cuff.
4. Do not drop or strike the device.
5. Opening the device will invalidate the warranty and alter the calibration.
6. Remove the batteries when storing the device for prolonged periods.

Error Messages

MESSAGE	MEANING
	The air deflation was too quick or no reading was found. Please refasten the cuff and try again.
	Pressure could not be measured due to interference, please try again.
	Result outside reasonable range, please try again.
	Pumping error, please check cuff and try again.
	Pump pressure above 300mmHg, please try again.
or Nothing visible on LCD display	Please check and replace batteries if necessary.

Trouble Shooting

Issue	Reason	Solution
Readings from subsequent measurements differ significantly.	Blood pressure naturally fluctuates, for healthy adults deviations of 10 to 20 mmHg are common.	None
	Cuff is not properly fitted.	Ensure that the monitor is fastened to the palm side of your wrist approximately 1.5cm below the joint.
	Readings not consistently taken at heart level.	Ensure that the monitor is held at heart level for each reading.
	Talking, coughing, laughing or moving during measurement.	Movement during a reading can affect accuracy, remain still and relaxed throughout a measurement.
The Systolic or Diastolic value is unnaturally high.	Talking, coughing, laughing or moving during measurement.	Movement during a reading can affect accuracy, remain still and relaxed throughout a measurement.
	The monitor was held above heart level during reading.	Keep the monitor at heart level throughout a measurement.
The Systolic or Diastolic value is unnaturally low.	Talking, coughing, laughing or moving during measurement.	Movement during a reading can affect accuracy, remain still and relaxed throughout a measurement.
	The monitor was held below heart level during reading.	Keep the monitor at heart level throughout a measurement.

Specifications

Model	HPC500
Display Screen	LCD (Liquid Crystal Display)
Measurement Method	Oscillometric
Measuring Range	Blood Pressure: 20 – 300mmHg Heart Rate: 40 – 200bpm
Accuracy	Blood Pressure: ±3mmHg Heart Rate: ±5%
Auto Power Off	Activates after 150 idle seconds
Operating Environment	Temperature: 10 – 40ºC (50 – 104ºF) Relative Humidity: 15%RH – 95%RH
Storage Environment	Temperature: -20 – 85ºC (-4 – 140ºF) Relative Humidity: 10%RH – 95%RH
Wrist Circumference Range	Approx. 12.5 to 22.0cm (5" to 8 ¾")
Battery Type	2 x AAA
Dimensions	60x55x65mm (not including cuff)
Weight	90g (not including batteries)
Clinical Accuracy	According to AAMI-SP10 <5 mmHg systematic offset <8mmHg standard deviation

Due to continuous improvement, specifications are subject to change without notice.

Using this device outside the specified temperature and humidity ranges will affect the specified level of accuracy.